



SLOW EROSION

Understanding Your Relapse in Recovery Revisited

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- What is behind the collapse of a Recovering Life?
- Why do good men Fall?
- Understanding your potential liabilities in recovery could save you a world of hurt.
- HONESTLY ADMIT where you think you are most likely to LET THINGS SLIP?
- What is your Achilles Heel?
- GREEK MYTHOLOGY: Baby was Dipped into River Styx make him INVULNERABLE! Only unprotected spot was the area of the heel where his mother held him. SHOT by an arrow in battle in the HEEL.

FACTORS of EROSION

1. **INCREMENTAL COMPROMISE** – Little by Little. It's not really Porn. "CLICK". Boundaries drop.
2. **UNRESOLVED BAGGAGE**: Demons undealt with – Soul Wounds left festering. Past cripples you.
3. **INCREASED LAZINESS**: Fade from HARD WORK of Recovery - Lack of Commitment to the consistent effort needed. Other Priorities win.
4. **FOOLISH SELF-CONFIDENCE**: Pride. I got this. Independence Spirit – Don't respect the addiction's deep hold on you.
5. **INCOMPLETE VICTORY**: Not securing a complete recovery. Doing Better is not success. Why don't you finish the program? Do what it takes to complete the plan!
6. **SELF-JUSTIFICATION** – Negative Self-Talk. I'm way better than I was. This isn't that BAD! Return to the land of excuses and blaming.
7. **GROWING DISHONESTY**: Lying Returns. Half-Truths. Withholding the whole story. Lying about anything. Old patterns of deceiving others are really hard to break.
8. **FLOODING EMOTIONS**: Collapse could be imminent if the right type and strength of emotion takes over. REJECTION. CRITICISM. FAILURE. DESPAIR. ANGER. HOPELESS.
9. **ACCOUNTABILITY STOPS**: I don't need to report in ALL-CLEAR. Don't want to check-in.
10. **AVOIDING CONNECTION**: Group Attendance and Connection Stops. Skipping ReGroup more often. Not reaching out when struggling.
11. **FADING FAITH**: A Rebuild of FAITH – full daily surrender of God stops happening. Devotions start to be skipped. Prayer times are less regular.